

The Senior Profile



Freetown Council on Aging - 227 Chace Road - East Freetown, MA 02717-1008
Office hours: Monday thru Thursday 8:00 AM to 4:00 PM, Friday 7:30 AM to 10:30 AM
Closed Monday, February 18th for Presidents' Day
Telephone: 508-763-9557, Fax: 508-763-9084, E-mail: COA@freetownma.gov

**The distribution of this newsletter is made possible (in whole or part)
By a grant from the Massachusetts Executive Office of Elder Affairs**

The Council on Aging's purpose is to help and serve seniors. There is no membership.
Everyone is invited to participate in all activities at the senior center. Come by and enjoy!

Strength With Dyna-Bands

Fridays, 9:15 AM to 9:45 AM,

30 minute class, \$3.00 Donation requested

Get strong with certified group Fitness Instructor, Ellie Higgins. Work all muscles-upper and lower body-using Dyna-Bands. Ellie will provide the bands. Includes balance and body weight exercise. Some seated some standing, for weight bearing-important, for bone strength.

Coffee & Muffins

Mondays at 10:00 AM

Come on in to the senior center and have a cup of coffee or tea and some fresh and delicious muffins. All are welcome. Please let us know by the Friday before if you will be attending so we can have enough muffins on hand. Thanks!!



Meat Bingo Game

WE WILL NOT BE HAVING MEAT BINGO DURING THE WINTER, WE WILL RESUME IN APRIL

Veterans Agent

Bob Klevecka is our Veterans Agent. If you need his services, please call 508-763-3190, Monday thru Thursday, 9:00 AM to 3:30 PM

Inclement Weather

Please note, if the schools are closed due to bad weather, our van will not run.

Freetown Senior Birthday Party

On Thursday, February 14th, at 12:00 PM, we will be having our Birthday Party for seniors of Freetown. Lunch is Cowboy chicken by Cyd's Creative Kitchen. RSVP and \$6.00 due by Thursday, February 7th

Donna M. Silva, will be doing a musical program on February 14th from 1:00-2:00 pm. Songs from as far back as the 40's. Some fun, some romantic, some sassy. Please come and join us for a "feel good" hour of music.

AARP Income Tax Service

We will have representatives from AARP at the COA to help seniors with their taxes on Wednesdays and Thursdays, starting February 6th, at 8:30 AM. Please call the COA for an appointment and further information.

Cyd's Lunch: Tuesday at 11:30 AM

February 19th-Ham Steak

RSVP and \$7.00 due by February 12th



Tea Time!

Enjoy a tantalizing variety of teas, sweets and savory tidbits. Bring warm lively conversation to your creatively embellished table. Thursday, February 28th at 11:00 AM, Please RSVP by Thursday, February 21st

Luncheon

Tuesday, February 26th at 12:00 PM

RSVP and \$6.00 due by February 19th

Meatloaf, mashed potatoes and veggies

WE ARE CLOSED MONDAY, FEBRUARY 18TH FOR PRESIDENTS' DAY



ONCE UPON A GENERATION...

Do you remember...

- Paying twenty-five cents to see a movie?
- Using a rotary phone?
- Coming home when the street lights came on?
- Riding a bike without a helmet?
- Ration stamps?
- Penny candy?
- War demonstrations?
- The hippie years?

Your stories are important!

There are generations of children that have no concept of what it was like to grow up in the 30's, 40's, 50's, 60's... Come join us to discuss the possibilities of sharing some of those memories with a student, eager to hear your stories.

Storytellers Karen Chace and Andrea Lovett are seeking *sensational seniors* to join in an intergenerational program of sharing stories from their lives. (Space is limited) Please join us for a light lunch of pizza and beverage. Bring your questions and learn more about the upcoming project. **Registration is required** for the luncheon so we may anticipate the amount of food to bring.

Date: Tuesday, February 19th, 2019

Time: 12:00 PM to 1:30 PM

Location: **Lakeville Council on Aging**

1 Dear Crossing (Off Precinct Street), Lakeville, MA

Please call Kelly Howley at 508-947-7224 to register for the luncheon.

We hope to see you there!

Karen and Andrea

SHINE Counselor

Serving the Health Insurance Needs of Everyone
Please call their regional office at 508-222-1399 for an appointment and/or any questions.

Senator and Representatives

Representative Carole Fiola will be here Monday, February 4th from 10:00 AM to 11:00 AM

Representative Paul Schmid will be here Monday, February 4th from 10:30 AM to 11:30 AM

Senator Michael Rodrigues will be here Wednesday, February 27th from 9:30 AM to 11:30 AM

Seated Massage

Mondays, 9:30 AM at the COA, please call the COA for an appointment. \$5.00 donation requested for 15 minutes.

Knitting and Crocheting Club

Mondays, 10:00 AM to 12:00 PM,
Bring your own supplies. Please call the Senior Center if you would like to attend.

Pool Table

Mondays, 9:00 AM

Card Games-Pitch

Mondays, 1:00 PM to 3:00 PM

BINGO

NO BINGO FEBRUARY 12th!

Tuesdays, 12:45 PM to 3:00 PM, The license for bingo requires that you be at least 60 years old to play.

Painting Class (20th & 27th Upstairs)

Painting...Drawing...Mixed Media...Art Classes
Wednesdays, 9:00 AM to 11:30 AM.

Artists of all abilities and interests are welcome!
Come and give it a try...it's never too late to learn some new tricks!

Submitted by Betty Ashley

Line Dancing

Wednesdays, 9:30 AM at the Freetown VFW
Lessons \$2.00 per person, all ages are welcome.

Parkinson's Support Group

Our next meeting will be held on Thursday, February 14th, at Dartmouth Council on Aging, 628 Dartmouth St, Dartmouth. Please call Miles Molnan at 508-997-0907 for reservations and any questions. Please join us!

Blood Pressure

Wednesday, February 27th, 10:30 AM

Scrabble

Thursdays, 12:30 PM

The Freetown Senior Club

Thursday, February 7th at 12:30 PM

Yoga

Fridays, 10:00 AM, using a mat
Your first class is free. Classes are a \$5.00 suggested donation. Come on in and try our classes.

Kanakis Produce

Discount on Fruit and Vegetables
Fridays, 10:30 AM

Podiatrist

The Foot Doctor will be here Monday, February 4th at 10:00 AM and Thursday, February 21st at 9:30 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**

VAN SCHEDULING

The van runs every **Monday, Tuesday, Wednesday and Thursday**. Please call the COA at 508-763-9557 for further information. We must have at least a 48 hour notice for the van.

In order to be more efficient with the van when you call in, please have the exact **name, address and phone number** of your destination, and if you need the wheelchair lift. We can no longer schedule without this information. Thank you in advance for your cooperation.

Brown Bag” Program
Wednesday, February 27th
From 10:30 AM to 12:00 PM
At the front of the building

“**Brown Bag**” distribution will be held at the Freetown Council on Aging. You must be 60 years of age or older. Recipients must be low income, as measured by participation in (or eligibility for) at least one other program in which proof of income has been demonstrated. This includes elders who are eligible for SSI, Medicaid, Fuel Assistance and Food Stamps, OR your gross household income is at or below the guidelines listed.

1 person	\$1,872 per month
2 people	\$2,538 per month
3 people	\$3,204 per month
4 people	\$3,870 per month

For questions call 508-763-9557.

We will deliver the brown bag if you cannot pick it up. If not picked up by Thursday, we will donate it.

Compassionate Care Hospice
VOLUNTEERS NEEDED!!!

Compassionate Care Hospice serves the needs of patients and families in Southeastern Massachusetts. An integral aspect of the care are volunteers who serve in a variety of capacities. They make friendly visits with patients to talk about interests, hobbies, favorite activities, life reviews, and even sing songs together! A volunteer can be a supportive, peaceful presence when a patient is sleeping. The volunteer also brings respite to the patient’s family. Being a volunteer is a wonderful way to give back to the community and provides something very meaningful to patients and their families!

If you are interested, please contact: Michael Freilich, Volunteer Coordinator at Compassionate Care Hospice in Taunton. Phone: (508) 386-6011, Email: Michael.Freilich@cchnet.net.

We are looking forward to hearing from you!

Submitted by Michael Freilich

****GOLD**SILVER**PLATINUM****

Marc Folco will not be at the senior center. If you have any type of precious metals, jewelry, silverware, etc., please call the COA and we will contact him. A portion of the proceeds will be donated to the senior center.



USDA CAN HELP REPAIR YOUR HOME
RURAL DEVELOPMENT

Home Improvement & Repair Loans and Grants (Section 504) are funded directly by the Government. These loans and grants are available to assist people who live in rural communities with a population of 20,000 or less.

Purpose: The Very Low-Income Housing Repair program provides loans and grants to very low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.

→**504 GRANTS**

- Applicant must live in an eligible town
- Applicant must be 62 years of age or older
- Applicant must own and occupy a modest dwelling
- Applicant must have a very low income and be unable to repay a loan at 1% annual interest rate
- The repairs and improvements to be made must be necessary to make the dwelling safe and sanitary and/or remove health and safety hazards.

→A 504 Grant can be approved for up to \$7,500. The applicant does not have to pay the grant back to the government, but will be required to remain in the dwelling for a period of three years after receiving the grant.

→The total assistance available through the Section 504 Program is \$27,500, which could consist of a combination loan and grant.

→**504 LOANS**

- Applicant must live in an eligible town
- Applicant must be at least 18 years of age
- Applicant must own and occupy a dwelling
- Applicant must have a very low income and be able to repay a loan at 1% annual interest rate
- The repairs and improvements may be general repairs to improve or modernize the property, as long as the dwelling remains modest.

→ **A 504 Loan can be approved for \$20,000 at a 1% interest rate which is payable over 20 years.**

Income limits yearly by household for Freetown:

1 \$25,600 2 \$29,250 3 \$32,900 4 \$36,600

To contact Rural Development please call 508-295-5151, extension 4, TDD: 413-253-4590, or on the web at www.rurdev.usda.gov/ma

Fuel Assistance

Please call the COA when you receive your application to make an appointment.

Family Size: 1 Pers. 2 Pers. 3 Pers. 4 Pers.
UP TO: \$35,510 \$46,437 \$57,363 \$68,289

There are forms and paperwork you must collect to fill out the Fuel Assistance form.

FREETOWN COUNCIL ON AGING
227 CHACE ROAD
EAST FREETOWN, MA 02717-1008
ADDRESS SERVICE REQUESTED

PRESORT STD.
US POSTAGE
PAID
PERMIT #PI 112
ROCHESTER, MA 02770

STAFF AND BOARD MEMBERS:

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Judy A. Reese
Vincent T. D'Oliveira
John E. Pye, Jr.
Donna M. Silva

Country Travelers Trips in 2018

April 10-12, 2019: Turning Stone Resort Casino, Verona, NY, \$290 Double, \$450 Single, details closer to trip

April 27, 2019: Day trip to New York City \$50.00 PP
Details closer to trip.

These trips leave from the backside of Hampton Inn (Next door to White's Restaurant in Westport) **far side near tennis courts**. If enough people register from this area, they will make the Senior Center a pick up destination. All prices quoted include drivers' gratuity as well as step on tour guides, provided on some trips. Any info and/or to schedule a trip; please call Veronica Beaulieu at 508-636-4889 Schedule subject to changes and modifications *Submitted by Judy Emond*

If you wish to receive your Senior Profile by E-mail, please send us your e-mail address at COA@freetownma.gov. If you wish to check out anything to do with the town, please visit www.freetownma.gov.

Director's Note

We are in our coldest months. If you have not applied for fuel assistance, please check the income guidelines on page five. You may qualify. We are still filling out paperwork. You can apply up to April.



Mid Winter Pig Roast

Sponsored by Freetown VFW Post 6643, Sunday, February 17th at 1:00 PM For \$16.00 we have BBQ shoulder, BBQ beans, potato salad, apple sauce and MORE. Meal Provided by Tazz's BBQ and Pig Roast. All proceeds go to the VFW. Call 508-763-2292 to purchase tickets or e-mail vfw6643@comcast.net or inquire at the COA office.

Submitted By Bruce Wilbur